

RCPsych Leadership and Management Fellow Scheme 2025/26 – Cohort 7



Module 2 – Authentic Leadership: Learning your own leadership style

Date: 17 September 2025, Online

9.15 – 9.20	Welcome Saleema Durgahee Hear how to pronounce my name
9.20-10.35	Action learning sets Check here for your ALS
10.35 – 10.50	Break
10.50 – 11.00	Introduction to module and learning aims Suhana Ahmed Hear how to pronounce my name Saleema Durgahee Marcin Ostrowski Hear how to pronounce my name
11.00-12.30	Learning from leaders Suhana Ahmed Lokapriya Premalatha Hear how to pronounce my name Marcin Ostrowski
12.30 – 13.20	Lunch
13.20-14.20	Leadership theory burst Suhana Ahmed

14.20-14.30	Break
14.30 – 16.10	Complex interpersonal situations in the workplace Suhana Ahmed and Marcin Ostrowski
16.10-16.30	Reflections and next steps Panel
16.30	End of Module

Please note this programme is subject to change

RCPsych is an inclusive organisation with over 21,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers, panellists and participants views and comments are their own and not the established views of the College.

Module Pre-Work

Dear LMFS Fellows,

We look forward to welcoming you Module 2 'Authentic Leadership: Learning your own leadership style' on Wednesday 17th September.

Below is the pre-work we would like you to have completed prior to the day so you can make the most of the day.

Personality inventory

A personality inventory is a self-assessment tool that career development professionals sometimes use to help people learn about their personality types. It reveals information about individuals' social traits, motivations, strengths and weaknesses, and attitudes. Experts believe these factors play an important role in job and career success and satisfaction. It is important to appreciate personality tests have their limitations and should be used as a reflective tool to learn more about yourself rather than a prescriptive measure. It helps us reflect on characteristics and traits that we may not have previously been aware of and how these may shape the way we work and interact with others. This is especially important as not everyone will be like us! It may form part of how we identify as a leader and manager, our strength and weaknesses and reflecting on these in challenging and stressful situations.

Below are 3 free personality inventories.

In preparation for 'Authentic Leadership: Learning your own leadership style' we would be grateful if you would complete one of these prior to the day. We will discuss these further during the day and reflect on what these show us about ourselves. Which one you choose is entirely up to you, but it may be worth thinking about why you picked one over the other as this in itself can tell us a lot about ourselves. Once completed, we would advise you take a screenshot, print or where possible download a version of the results to be accessed and for us to use during the day. To make the most of the day, we would advise doing this and we will be doing the same!

Myers Briggs: <https://www.16personalities.com/personality-types>

My creative type: <https://mycreativetype.com/>

DISC: <https://discpersonalitytesting.com/free-disc-test>

Following this, we would like you to think about the following questions

1/ Which test did you choose and why?

2/ Were there any surprises? And if so, what were they?

3/ Do the inventory results highlight any gaps/ areas of development that you feel are important for leadership?

Personality traits and Leadership

Please read the below article.

[\(PDF\) The Big Five Personality Traits and Leadership: A Comprehensive Analysis](#)

We look forward to discussing further on Wednesday 17th September.

Suhana

Module leads and speakers



Dr Suhana Ahmed

Dr Suhana Ahmed is a Consultant Psychiatrist – dual-trained (Old Age and General Adult). She is currently Deputy Chief Medical Officer at West London NHS Trust. Prior to this, she was Clinical Director for Older Persons Mental Health Services

She has been Director of Medical Education at South West London & St George's (SWLSTG) Mental Health Trust having completed her training there.

Dr Ahmed is heavily involved with the Royal College of Psychiatrists and is currently Chair of the London Division, and a module lead for the International Diploma in Older Adults Mental Health. She is a co-host of Mind Masters at RCPsych International Congress and most recently contributed to the session 'Smashing Glass Ceilings: Women in Leadership' in Edinburgh.

She is interested in training, flexible working and supporting leadership and career progression in working parents. She has been a fellow with the award-winning organisation Leadersplus, has contributed to their podcast series and is now a senior mentor. She is also an ambassador for The Careers Office, a

charitable organisations working with young people who have a background of social deprivation to access prestigious professions and career opportunities

She is passionate about the impact of and stigma surrounding postnatal depression having talked at RCPsych international Congress and had an article published about her experiences in the Independent.

She is a mummy to a twelve-year-old boy and loves cats, reading and cake.

Dr Marcin Ostrowski



Marcin is a Specialist Grade Doctor (SAS) and Assistant Medical Director in Secure Care at the Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW). He provides senior clinical leadership within his trust and co-leads the development of Public and Physical Health Policy at CNTW.

He serves as an Associate Dean for SAS and LE Doctors and Dentists with NHSEENE, and is also a mentor and appraiser.

He is an Associate Programme Director at the Leadership and Management Fellows Scheme with the Royal College of Psychiatrists (RCPsych) and a member of the Faculty of Medical Leadership and Management (FMLM). He takes great pride in his career as a SAS psychiatrist and spends most of his spare time traveling through Europe with his family and walking his dog in rural Northumberland.

Dr Ostrowski's interests are focused on the management and leadership skills development of medical staff. While pursuing an MSc in Strategic Leadership, he is a firm believer in an inclusive leadership culture and advocates for equal access to a variety of leadership opportunities for SAS doctors in the NHS.



Dr Lokapriya Premalatha

Dr Lokapriya Premalatha is a General Adult Consultant Psychiatrist who currently works in South London and Maudsley NHS Trust. She is the Trust Lead for Startwell Event which she organises for the new Consultants in her Trust for their overall wellbeing. She is also on the Advisory Board of the International Congress Committee.

Her team won the London Clinical Team of the Year award in 2022, and she came as a finalist in the London Psychiatrist of the year in 2023 organised by the Royal College of Psychiatrists. She has been actively involved in the "Choose Psychiatry" Campaign and you can see her blog in the Royal College website. Her other areas of interest include teaching and leading QI projects with her recent QI project supervising medical students winning the first prize in the GKT Conference 2025. Besides all this she loves dancing:)



Dr Saleema Durgahee

Saleema is a Consultant Perinatal Psychiatrist with the Sussex Specialist Perinatal Mental Health Service in Brighton and Eastbourne. She previously worked as a Consultant Liaison Psychiatrist with a focus on Liaison Addictions and Perinatal Mental Health.

Saleema is an elected member of the RCPsych Perinatal Psychiatry Faculty, serves on the RCPsych Leadership and Management Committee and is a CASC examiner.

Saleema was formerly programme director of a successful Leadership Development programme for resident and SAS doctors across all medical specialties in the South East. She has a deep interest in organisational development, medical leadership, and talent management. She is a mentor, qualified Executive

Coach, and an accredited Balint Group leader and supervisor with the UK Balint Society.

Outside of work, Saleema is mum to three children, with two wonderful whippets and a cat! She remains indebted to her husband, also an NHS consultant, and the magic of trail running, both of which help her maintain balance in her busy home and work life.

